

Enjoying Exercise - My Journey to Wellness Story



I entered a 'challenge' in a Greater Lansing Area magazine called [Healthy & Fit](#). We were asked to submit a picture and answer some questions. The magazine selected three people to follow for six months (Jan-June 2007). Each month we are featured in the magazine.

We were given free shoes from Playmakers, a personal trainer for 6 months and six months free at *Weight Watchers*. At the end of the challenge we'll get makeovers from Adams Modeling and Doctor's Approach Med Spa, and a professional photo shoot.

I've lost 44.5 pounds and feel so much better! I actually enjoy working out with my trainer, Tim Nolan at Trainers Studio. I never thought I would say that I enjoy exercising but it's happened! We meet twice a week (7:00 a.m., Tuesdays and Thursdays). I had never done weight training and had very limited exposure to a gym setting, so I was a little intimidated at first, but now I feel really comfortable. Having a trainer show you exactly what to do and how to do it correctly, makes things so much easier. It takes all of the guess work out of it. Tim is really good at mixing-up my workouts so it doesn't get boring or become routine.

I'm following the *Weight Watcher* points system and it's been going great. My family is developing really good eating habits too. We've found healthy alternatives to our favorite meals and have completely changed the look of our pantry and refrigerator. We make better food choices because the bad foods aren't there anymore. Fruits and vegetables are everyday staples in our diets. Let's just say they (fruits and veggies) were lacking before.

My husband John has lost 38 pounds and has been a great support to me. It's so helpful to have someone to go through this with. We eat the same foods and exercise everyday. When one of us falters, the other is there to lend support and motivation.

I've got 3 months to go in the challenge, and I'm sure that I've developed good habits for life!

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